



RED CROSS LIFEGUARDING CLASS

April 2011 - Recreation Center

PREREQUISITE (Student will be tested for following skills):

Minimum age: 15 (must provide proof of age on first day of class)

- Swim 300 yards continuously using these strokes in the following order:
+100 yards front crawl using rhythmic breathing and a stabilizing, propellant kick.
+100 yards breaststroke.
+The last 100 yards may be a mixture of front crawl or breaststroke.
- Swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object and return to the surface and swim 20 yards back to the starting point.

CERTIFICATION REQUIREMENTS

- Pass one written test with a minimum grade of 80 percent or better on each section.
- Successfully complete four final skill scenarios.
- Successfully performs all critical skills.

PLEASE NOTE: Students should wear appropriate swim wear for performing rescues in the water; no bikini type swim suits.

CLASS FEE - \$160.00. This fee includes the American Red Cross Lifeguard Training manual and a pocket mask breathing barrier. Register on-line at www.rochestermn.gov – go to on-line services and select Lifeguard Training Registration. You can also stop in the Recreation Center office and register or register by calling 507-328-2500. Payment must be made by using Visa, Discover or MasterCard. No checks are accepted. Class size is limited.

CLASS DATES/TIMES: April 5th (6:00 p.m.-10:00 p.m.), April 9th (8:30 a.m.-3:30 p.m.), April 12th (6:30 p.m.-9:30 p.m.) April 16th (8:30 a.m.-3:30 p.m.), April 19th (6:30 p.m.-9:30 p.m.), April 26nd (6:30 p.m.-9:30 p.m.), April 30th (8:30 a.m.-3:30 p.m.)

Meet at the Recreation Center at 6:00 p.m. on Tuesday, April 5th in Activity Room #3.

Class sessions are all at the Recreation Center except for April 9th where you will meet at the Red Cross office, 310 14th Street SE - Rochester. April 12th, 16th, & 30th you will meet poolside. April 19th and 26th you will meet in Activity Room #3.